



Newslines

The Newsletter of the Cambridge Council on Aging
806 Massachusetts Ave., Cambridge, MA 02139
Office 617.349.6220 Senior Center 617.349.6060
North Cambridge Senior Center 617.349.6320
June 2015 www.cambridgema.gov/DHSP

Dear Seniors:

This past fall I was approached by my colleague Betsey Crimmins, an attorney at Greater Boston Legal Services, asking if the COA wished to create a task force to help elders avoid abuse. Various city officials and service providers gathered and the first meeting of the Cambridge Elder Abuse Prevention Coalition convened. Our mission: "The Cambridge Elder Abuse Prevention Coalition is a community based team of organizations and individuals committed to providing public education, outreach, and resources to prevent and respond to abuse, neglect, fraud, and financial exploitation of all seniors in Cambridge."

Elder abuse in Massachusetts is defined as physical, emotional, verbal and sexual abuse, caretaker abuse and neglect, financial exploitation and self-neglect of an individual 60 years of age or older. The National Center on Elder Abuse estimates that over five million older Americans are victims of some form of abuse every year. That number is only expected to grow over the coming years as our elderly population continues to grow in size and to grow older. Elder

abuse affects both men and women of all socioeconomic backgrounds, and it is often perpetrated by adult children or other trusted family members. Domestic violence service providers are also beginning to have an increase in individuals reporting intimate partner violence at a later age in life. It is important to acknowledge that

victim.

The Coalition is holding its first event, a forum on how to avoid financial scams and maintaining one's personal well-being, on June 18th, 12 noon – Registration and Lunch; Program 12:30-3:00, at the Cambridge Senior Center 806 Massachusetts Avenue, Cambridge. Featuring a performance by True Story Theater and a panel of experts from Somerville/Cambridge

Elder Services; Cambridge Police Dept.; East Cambridge Savings Bank and Cambridge Consumer Council. **REGISTRATION IS REQUIRED!** To register or for more information, please contact me at 617-349-6220 or at spacheco@cambridgema.gov. I look forward to seeing you at this event.

Warm Regards,
Susan P. Pacheco



domestic violence does not end at age 60. The cycle of violence continues and an elder victim is at greater risk due to cognitive decline and physical frailty. The idea of the coalition is to create a community wide response to issues of elder abuse in a preventive manner. We are hoping to increase public awareness of this issue. The more education and outreach provided, the better chance we can keep an elder from becoming a

INFORMATION & REFERRAL

Cambridge Citywide Senior Center Pool Room

I often bring visitors of the Council on Aging on tours of our facility at 806 Mass Ave and know how excited people become when they see our well equipped pool room. I wanted to take this opportunity to write a little something about our pool room and a particular group of participants that have formed a team to take part in the “Senior 8-Ball Travel League”. The team includes Arthur Oterbridge, Floyd Brown, Joe Cincotta, Manny Hamelburg, Ralph Lupica, Roger Wood, Willie Brown and Team Captain Jack Harney. The team has been participating in the league for two and a half years and plays opposing teams at other local senior centers as well as hosting other teams here in Cambridge.

The team has played in towns including Arlington, Burlington, Needham and Waltham.

Jack Harney speaks highly of his teammates and says “there is a lot of good competition here”.

“I have made many friends here. Whenever we get together we always have a good time”.

Harney is also quick to point out that all are



encouraged to enjoy the center’s two recently recovered 9 foot slate tables. “All are welcome in the pool room and whenever the Center is open the Pool Room is open”.

Vincent McCarthy
Director of Client Services



Men’s Group Meetings – June 2015

Tuesday, June 9th @ 11:30am

Lunch at The Tavern in Central Square

Join us as we enjoy the extensive menu at The Tavern in Central Square including the Tuesday 1/2 price burger special. Participants will pay for their individual meal. We will meet at 806 Mass Ave at 11:15am and walk over together.

Registration required by Monday, June 8th

Tuesday, June 23rd @ 10am

Movie & Pizza Lunch

Fast and Furious 6 PG-13

running time 2hr. 11min.

starring Vin Diesel, Paul Walker, Dwayne Johnson & Michelle Rodriguez

This movie was released

in 2013 and is part of the Fast & Furious franchise, an action film series centered on street racing.

The film will be followed by a pizza lunch.

Registration required by Monday, June 22nd



June 2015 Happenings at the Citywide Senior Center

The Walking Club Begins

Wednesdays, June 3, 17 and 24 9:00-12:00

It time to break out the walking shoes, your water bottle and sun screen. The Walking Club is back. Come join us as we walk Castle Island.

Pre-registration required. Transportation Cost: \$4.00

Senior Center Town Meeting

Thursday, June 4, 12:00-1:00

The Town Meeting is an opportunity for you to let us know what you would like to see offered here in the Senior Center, share concerns about issues facing seniors or to find out about upcoming events. Program is free. Everyone invited.

June Birthday Party

Thursday, June 4, 1:00-2:00

Who doesn't love a Party? We will be celebrating the Birthdays of the seniors born in the month of June. Of course there will be cake and fun conversation. Program is free.

Father's Day Breakfast

Friday, June 5, 8:30-11:00

Please come join us for our annual Father's Day Breakfast. You don't have to be a father to attend you just have to bring your appetite. This is a free event for senior men 60 or older.

Outing to Charlesgate Yacht Club

Tuesday, June 9, 10:30-2:30

Once a year the Senior Center is invited to be guests of the Charlesgate yacht club, where we are warmly greeted and served a delicious lunch after which we enjoy a beautiful boat ride down the Charles River. Registration is required. Participants are selected by Lottery. There is a \$5.00 fee for school bus transportation.

Health & Wellness Program

Thursday, June 11, 1:00-2:00

Topic: Summer Safety Tips for Seniors

With that long, hard & snowy winter I bet you never thought we would be experiencing warm weather again. Alas here we are...plunged right into summer! Roberta Robinson of the Cambridge Health Alliance will be speaking about Summer Safety Tips for Seniors. Always good to remind ourselves of these tips as we approach the warm weather.

Cell Phone Wireless Q&A

Monday, June 15, 10:00-12:00

Patrick Williams from the Consumers Council will be here to answer your questions about your wireless devices.

Program meets in the TV Room of the Senior Center.

Dinner & Bingo

Monday, June 15, 4:00-6:00

Sign-up required. Dinner served 4:00-4:30

12 Weeks Summer Series Zumba Gold

Tuesdays June 16, 23 and 30 1:30-2:30

We are pleased that we are offering a 12 weeks Zumba Gold series. For those of you that want to move and groove then this class is for you. Cost: \$3.00 Sign up at first floor receptionist desk.

The Cambridge Elder Abuse Prevention Coalition Presents: Protecting Your Financial Interest and Personal Well Being

Thursday, June 18, 12:30-3:00

The Cambridge Elder Abuse Prevention Coalition is a community based team of organizations and individuals committed to providing public education, outreach, and resources to prevent and respond to abuse, neglect, fraud, and financial exploitation of all seniors in Cambridge. This program is free and open to the public.

Senior Brunch at the Cambridge Boat Club

Wednesday, June 24 9:30-12:30

Join us as the Cambridge Boat House hosts the Citywide Senior Center. We will be treated to light refreshments and a lecture by CBC member, Dr. Jennifer Sacheck, Associate Professor of Nutrition at the Friedman School of Nutrition Science and Policy at Tufts University. School Bus Transportation cost \$4.00 Trip sponsored by the Outreach Committee of the Cambridge Boat Club.

Down by the Sea Dance Party

Thursday, June 25, 12:30-3:00

Come join us as we move to the smooth sounds of DJ Jimmy Caserta. When Jimmy's in the house, "it's a party" You definitely don't want to miss this one. Tickets are required. Cost \$4.00

Latin Dance Class

Mondays, June 29, 11:00-12:00

Free 9 Week Beginner's Dance Class. The Salsa dance originated in the 1970s in New York City, with strong Latin American influences. This is a fun dance class taught with music that makes you want to move.

SPECIAL EVENTS & ACTIVITIES AT NORTH CAMBRIDGE

Please note – Trips and Walking-Club are subject to weather.

Course & Program cancellations are posted at the reception desk as soon as possible.

All trip sign up & special event registrations begin at Open Forum

CPR Training Wednesday June 24th
2:30pm-5:30pm, Given by ProEMS.
This three hour instruction is suitable for all ages and will not require any “on the floor” training. This class is only for 60+ and is FREE of charge. Registration is required.

Introducing Yoga 2 at the North Cambridge Senior Center, Tuesdays
3:00pm-4:00pm, Beginning July 7th through August 25th.

The North Cambridge Senior Center is excited to offer an expanded Yoga class in July and August. Our Yoga instructor, Pam Cranna describes what Yoga 2 will be offering: “In this gentle one hour class, we practice the basic elements of yoga including standing, seated, and lying down postures. This class is appropriate for adults who are comfortable moving from the floor to standing with minimal support. Modifications are offered to meet the needs of all participants.”



What’s That APP? Tuesday June 30th
10:00am-11:00am

Do you own a Smartphone or Tablet?
Do you have questions about the popular APP Icon’s that are attached to news stories or advertisements?
Or, would you like to know how an APP functions? If so, please join us for a Question and Answer discussion.

“The North Cambridge Senior Center is currently accepting Advisory Council applications.”

The function of the Senior Center Advisory Council is to encourage and promote new and existing services and activities. The operating year of the Advisory Council is from September Through June. Advisory council meetings are held monthly on the third Tuesday of the month at 2:00pm. If you are interested in volunteering to be an Advisory Council Member, please contact Alicia Johnson.

**For more information, please
contact Alicia Johnson
617-349-6320 or
aliciaj@cambridgema.gov**

***NEWSLINES SUBSCRIPTION FORM** *If you would like to have the Newslines mailed to your home:

Send a check or money order for \$6.00 made out to the Cambridge Council on Aging,

806 Massachusetts Avenue Cambridge, MA 02139

Attn: Cambridge Council on Aging

Name: _____

Address: _____

City: _____ State: _____ Zip Code _____

Phone number () _____

North Cambridge Senior Center

Daily Events at Our Center June 2015

Lunch Served Monday - Friday 11:30am - 12:15pm Reservations Required \$2.00 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:00 - 12:00 Please call by 9:00 am to confirm Spanish Class 11:00 - 12:00 Bingo 1:00 -3:00	Strength Building 9:30-10:30 Computer Instructor 10:00-12:00 Needle Crafts 1:00-3:00	Intro to Meditation 9:00 – 10:00 Arm Chair Exercise 10:30-11:30 WOW 12:30-2:00	Watercolors 9:30-11:00 Dancing for Balance 1:30- 2:30 Yoga 3:00- 4:00	Zumba 9:30-10:30 Cards 10:30-12:30 Whist or Bridge Lessons Whist 12:30-3:30
1 First Monday Writing Group Cancelled today. Will resume in September Open Forum 12:15pm-1:15pm	2 Charlesgate Yacht Club Luncheon and Boat ride Bus departs at 10:30am and Returns at 2:30pm Registration is Required Cost is \$5.00 for Transportation	3 Money Smart Discussion With Century Bank 2:30pm-3:30pm Refreshments will be served	4 Safety Awareness 12:00pm-1:00pm	5 Whist or Bridge Lessons 11:00am-11:30am
8 Clase Espanola Gratis Free Spanish Class every Mon- day beginning at 11:00am	9	10 Birthday Tea 2:30pm	11 Lunch Walk to Porter Square Join us for Lunch as we walk to Newtowne Grill. We will leave at 11:00am and return at 1:00pm Or, just meet us there! No Dancing for Balance Today	12 Whist or Bridge Lessons 11:00am-11:30am
15 Bingo and Ice Cream Social Join us for Bingo at 1:00pm And enjoy an Ice Cream Sundae	16 Health Discussion on Vitamins and Supplements Presented by the North Cambridge Walgreen's Pharmacy Team 11:30am-12:30pm Refreshments will be served	17 Movie Showcase 2:30pm The Good Lie Starring Reese Witherspoon Popcorn and Soda will be served	18	19 Whist or Bridge Lessons 11:00am-11:30am
22 Happy Father's Day Join us for Bagels, Muffins and Coffee from 10:00am-11:00am All are welcome	23 Summer Solstice Luncheon 12:00pm-2:00pm Registration is Required Cost is \$3.00 per person Last day of Strength Training Until September	24 Blood Pressure Screening 12:15pm-1:00pm CPR Training given by Pro EMS 2:30pm-5:30pm Registration is Required Last day of WOW until September	25 Last Day of Watercolors on Thurs- day Morning Class will move to Tuesday's for the summer beginning July 7th	26 Whist or Bridge Lessons 11:00am-11:30am Last Day of Zumba Until September
29	30 What's That APP? 10:00am-11:00am This will be a Q&A Session	30th continued: regarding APP's available on a smartphone or tablet Refreshments will be served		

June 2015 DAILY EVENTS AT CAMBRIDGE CITYWIDE SENIOR CENTER Breakfast Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Friday 8:30 a.m. Lunch: Reservations Required. Served Monday –Thursday 11:30a.m.-12:45 p.m. Friday 11:00 a.m. -11:30 a.m. Saturday 11:30 a.m. -12:15 p.m. \$2.00 Donation for all meals					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 9:00- 12:00 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:00 Bingo 1:30-3:00 Painting 1:00-3:00 Dinner 5:00-6:00 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Lab 9:00 – 12:00 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 Women’s Club 11:00-12:00 ESOL IV 10:30-12:00 Computer Lab 1:00-4:00 Classic Movie 1:00-3:15 Bingo 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese EOSL 8:30 – 9:30 Computer Lab 9:00 – 3:00 ESOL (CLC) 9:30-11:00 Chinese Singers 9:30-11:30 Better Balance 10:00-10:50 Tai Chi Level I 11:00-12:00 Crafts & Social Group 1:00-3:00 Bingo 1:30 – 3:00 Tai Chi Level II 2:00-3:15	Grandet An Aksion 9:00-2:00 Computer Lab 9:00-12:00 Ceramics 9:30-12:00 Meditation with Catherine 9:00-9:45 Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 1:00-4:30 *Deadline for Monday Night Dinner & Transportation Reservations is	Qi Gong 9:00-10:00 Computer Lab 9:00 – 2:00 ESOL Chinese 9:00-10:30 Pottery Open Art Class 9:00-11:30 Simplified Qi Gong Tai Chi 10:00-11:00 **Council on Aging closes at 12:00 pm. Senior Center closes at 3:00 pm.	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Lunch 11:30 –12:15 Reservations required for lunch ***Senior Center Closes at 1:00 pm.
SPECIAL EVENTS & ACTIVITES AT OUR CENTER Please note - Course & Program cancellations are posted at the reception desk as soon as possible.					
1 Afternoon Tea 3:00-3:30	2 Men’s Group 10:00-12:00	3 Walking Club Begins 9:00-12:00 Pre-registration Required. School Bus Transportation Cost \$4.00	4 Town Meeting 12:00-1:00 Birthday Party 1:00-2:00	5 Brunch 8:30-11:00	6
8	9 Trip Charlesgate Yacht Club 10:30-2:30 Registration Required (Transportation Cost: \$5.00)	10 Blood Pressure 12:30-1:00 (Public Health Nurses)	11 Health & Wellness Talk 1:00-2:00 Topic: Summer Safety Tips for Seniors	12 Men’s & Ladies’ Breakfast 9:00-10:00 Breakfast served until 9:30	13
15 Dinner & Bingo 4:00-6:00 Diner served 4:00-4:30 Cell Phone wireless Q&A Drop-in hours 10:00-12:00	16 Zumba Gold 1:30-2:30 (\$3.00 per class)	17 Walking Club 9:00-12:00 Pre-registration required. School Bus Transportation Cost: \$4.00 Jewelry Class 1:00-3:00	18 The Cambridge Elder Abuse Prevention Coalition presents: Protecting Your Financial Interests and Personal Well Being 12:30-3:00	19 Father’s Day Breakfast 9:00-10:00 Breakfast served 9:00-9:30	20
22	23 Men’s Group 10:00-12:00 Zumba Gold 1:30-2:30 Blood Pressure 2:30-3:00 (Windsor House)	24 Trip Senior Brunch at Cambridge Boat House 9:30-12:30 Pre-registration. School Bus Transportation Cost \$4.00	25 Down by the Sea Dance Party Entertainment by DJ Jimmy Caserta 12:30-3:00 Ticket required. Cost: \$4.00	26	27
29 Latin Dance Class 11:00-12:00 Free Dance Class. Sign up required.	30 Zumba Gold 1:30-2:30 (\$3.00 per class)				

Cambridge City Council

David P. Maher, Mayor
Dennis Benzan, Vice Mayor
Dennis Carlone
Leland Cheung
Craig A. Kelley
Nadeem Mazen
Marc McGovern
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City Manager
Lisa C. Peterson,
Deputy City Manager
Ellen Semonoff,
Assistant City Manager for
Department of Human
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Susan Pacheco

Social Services

Vincent McCarthy,
Director of Client Services
Elizabeth Seelman, Case Manager
Nikisha Glasgow,
Information and Referral

Administrative Assistant

Lisa Castagna

Receptionists

Rosalind Brown
Sanaa Mohamed
Jessica Mowatt

Senior Aides

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Anne Robinson
Tin Chee Wong

Elder Haitian Program

Hermide Mercier

Bus Driver

Laura Habermann

Computer Instructor

Pamela Howard

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Betty Paige, Assistant

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Sanctora Cooper, Assistant Manager
Timothy Jenkins, Assistant
Johanny Nunez, Assistant

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Miguel Perez Ruiz, Assistant

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Facility Manager

Donn Hockman

North Cambridge Senior Center

Alicia Johnson, Director
Lillian Crayton, Meal Site Director
Marybeth Joyce, Assistant
Margaret Murray, Receptionist

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Cambridge Council on Aging
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Cambridge, MA 02139

